

OCTOBER 2016

SUBJECT Reservation line:
508-460-3634PERIOD Rebecca
King
Manager

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
1	\$5.00 per meal for all those who call and reserve lunch (at least 24 hours prior) (508) 460-3634 \$7.00 for all meals without reservations					1/2
WEEK	notes					
2	3 Creamy Chicken & Rice Cocoa Crusted Sliders Cranberry & Cashew Salad Chocolate Chip Drop	4 Roasted Rosemary Chicken Quarters Oven Roasted Potatoes Peas Brownie Cookies Chicken Salad w/ soup	5 Baked Ziti Tossed Salad Garlic Bread Baked Apples Chicken Salad w/ soup	6 Ham & Cheddar Frittata Salad Apple Crisp w/Macadamia nuts Chicken Salad w/ soup	7 Tom Brady Day Lemon Dill Crusted Haddock Oven Roasted Sweet potato fries Cole Slaw Black Raspberry Chocolate Frozen Yogurt Chicken Salad w/ soup	8/9
WEEK	notes					
3	10 Columbus Day Holiday Closed Roast Beef w/ soup	11 Pork Tenderloin w/ Pineapple Salsa Rice Pilaf Lemon Bar Roast Beef w/ soup	12 Turkey Lasagna Rollup Salad Bread Carrot Cake Roast Beef w/ soup	13 Cranberry Braised Beef Whipped Sweet Potato w/ Mascarpone Green Beans Peaches Roast Beef w/ soup	14 New England Baked Haddock Lemon Dill Potatoes Carrots Brownies Roast Beef w/ soup	15/16
WEEK	notes					

4	17	18	19	20	21	22/23
	Dr Hylander** Italian Beef and Bean Soup Italian Market Meatloaf Sandwich Beets Carrot Snack Cake **Please make reservations for this lunch through the main desk	Broccoli & Tomato Quiche Roasted Sweet Potatoes Vanilla Pudding	Baked Macaroni and Cheese Stewed Tomatoes Italian Bread Sliced Melon	Chicken Divan Steamed White Rice Cranberry Apple Crisp	Shrimp & Orzo Salad Lemon Rosemary Cake	
WEEK	notes					
	Tuna Salad w/ Soup	Tuna Salad w/ Soup	Tuna Salad w/ Soup	Tuna Salad w/ Soup	Tuna Salad w/ Soup	
5	24	25	26	27	28	31
	Meatball Soup Caprese Pizza Salad Pears	Shrimp & Chicken Sausage Jambalaya Cherry Cornbread Cobbler	Eggplant Penne Salad Bread Cappuccino Cheesecake	Monster Mash Party No Public Lunch Served Reservations at Main Desk only	Maple Salmon Baked Potatoes Broccoli Mocha Meringues	Halloween Monday Pumpkin Soup Halloween Stuffed Peppers Haunted Caprese Salad Monster Cookies
WEEK	notes					
	Oven Roasted Turkey w/ soup	Oven Roasted Turkey w/ soup	Oven Roasted Turkey w/ soup		Oven Roasted Turkey w/ soup	BLT w/ Soup

This month's menu is designed to best meet our three goals of

- educating our students in dietary management
- offering you the highest quality fresh and nutritious foods available
- creating a dining experience where you can socialize

A dietary Management degree is meant to certify the professional qualifications of a chef whose workplace is a congregate meal site. Therefore, we partnered with the Marlborough senior center to provide congregate meals. By offering a single meal for the day a chef learns to rotate the menu offering, cook food in quantity and keep costs as low as possible for the diners.

We will work hard to offer you fresh and local foods that are high in vitamins, minerals and proteins. Almost all of our menu items are diabetic friendly. Most everything is made from scratch.

We encourage lunch participants to make reservations in advance, in order for us to prepare adequate amounts, students can learn to plan & budget meals more effectively and help keep food costs down, so savings can be passed onto you! Therefore for the month of September we will continue to offer a reservation incentive. Please contact Rebecca King, manager of the Center Grill with any questions regarding the menu and/or reservations.

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